

# STARTERS

**SOUP DE JOUR**  
Warm bread & butter  
Ask your server for today's choice

7

**GRILLED TIGER PRAWNS** (gf)  
Chilli & garlic butter 833 kcal

18

**WILD MUSHROOM AND ROSEMARY GNOCCHI** (v)  
Parmesan 457 kcal

10

**ROAST AUBERGINE** (v) (gf) (n)  
Pomegranate, feta cheese,  
pine kernels & greek yoghurt 202 kcal

12

**FRESH STEAMED MUSSELS** (gf)  
Coconut, ginger, chilli & lime 424 kcal

9

**CHARRED HERITAGE TOMATOES** (v)  
Mozzarella, basil cress 415 kcal

12

**VEGETABLE GYOZA** (v)  
Soy chilli dip 113 kcal

9

**SESAME CRUSTED FALAFEL** (v)  
Minced chickpeas, spices,  
sesame seed, tahina 300 kcal

9

**KIBBEH** (n)  
Croquettes of lamb,  
bulgur, onion & spices 414 kcal

14

**HUMMUS** (v) (n)  
Chickpea puree, tahina paste,  
lemon juice, extra virgin olive  
oil, pitta bread 502 kcal

8

**THE FORTYFIVE SALAD** (v)  
Baby gem, palm hearts,  
asparagus, artichoke,  
avocado, cherry tomatoes,  
dressing 555 kcal

13

**SALAD NICOISE** (v)  
Green beans, black olive,  
cherry tomato, cucumber,  
red onion, quail egg,  
Nicoise dressing 485 kcal

12

*Add grilled  
chicken breast 207 kcal*

6

*Add king prawns 154 kcal*

10

## PASTA & RISOTTO

**SPAGHETTI ALFREDO**  
Chicken, Parmesan  
895 kcal

16

**SEAFOOD LINGUINI**  
Clams, mussels, king prawns  
657 kcal

22

**PENNE ARRABBIATA** (v)  
Garlic, tomatoes, chilli, olive oil  
528 kcal

15

**RISOTTO MILANESE** (v) (gf)  
Asparagus & truffle oil  
871 kcal

18

## FROM THE GRILL

All grill dishes served with Arabic salad, rice, garlic sauce, pitta breads

**FAROUJ MASHWI**  
Grilled baby chicken, Sumac  
salad, grilled tomato, charred  
lemon & garlic mayo 895 kcal

18

**SHISH TAUOK**  
Grilled garlic, lemon & tomato  
marinated chicken  
880 kcal

18

**LAMB KOFTA**  
Minced lamb, parsley,  
onion, spices, fresh chilli  
837 kcal

18

**LAMB MESHWI**  
Grilled lamb Skewers  
909 kcal

26

**ARABIC MIXED GRILL**  
Spicy lamb kebabs, marinated  
chicken & prime lamb chops  
1542 kcal

32

### 28 DAY AGED GRASS-FED STEAKS

Served with Portobello mushroom,  
grilled tomato & fat chips

**FILLET** (gf)  
(220G) 796 kcal  
37

**RIB EYE** (gf)  
(220G) 876 kcal  
32

#### SAUCES (gf)

Peppercorn 139 kcal, blue cheese 148 kcal,  
red wine 186 kcal, mushroom 163 kcal

2

**PRIME LAMB CHOPS** (gf)  
Portobello mushroom,  
grilled plum tomato, watercress, chunky  
chips, peppercorn sauce 879 kcal

28

## MAIN COURSES

**THE KENSINGTON BURGER**  
Angus beef burger, lettuce, red onion, gherkins,  
aged cheddar, house burger sauce.  
Served with fries 1734 kcal

18

**SLOW COOKED RUMP OF LAMB**  
Chickpeas, okra, tomatoes & spices 1169 kcal

26

**SEA BASS PROVENCAL** (gf)  
Garlic, chilli, tomatoes, capers, olives 562 kcal

28

**CHICKEN ESCALOPE**  
Rocket, Parmesan & sun dried tomato salad,  
balsamic & olive oil 382 kcal

20

**POACHED SALMON FILLET**  
Asparagus, New potato & fennel, fish broth 832 kcal

24

**DISH OF THE DAY**  
Ask your server for today's  
special & pricing

### FROM THE EAST

Choose from

**SINGAPORE NOODLES**  
Cantonese style Stir-fried vermicelli,  
curry powder, vegetables, egg 325 kcal

**THE FORTYFIVE BIRYANI** (gf)  
An aromatic dish of mixed spices  
stir-fried with Basmati rice & Raita.  
Served with poppadoms & pickles 513 kcal

**KERALA CURRY** (gf)  
South Indian flavours, curry leaves,  
green chillies, coconut milk  
& kerala spices 312 kcal

Served with

**CHICKEN** 214 kcal

18

**KING PRAWN** 172 kcal

26

**VEGETABLES** 83 kcal

16

## SIDES

**SEASONAL VEGETABLES** (gf)  
Ask your server for today's choice

7

**SAUTÉED SPINACH** (gf) 37 kcal

7

**BROCOLLI** (gf) 107 kcal

6

**BUTTERED MASHED POTATOES** (gf) 524 kcal

5

**BABY ROAST POTATOES** (gf) 171 kcal

5

**FAT CHIPS** (gf) 342 kcal

6

**FRENCH FRIES** (gf) 632 kcal

6

**BASMATI RICE** (gf) 138 kcal

5

Vegetarian (v) Contains nuts or nut additives (n) For dietary requirements or allergies please ask the manager or you server for the ingredients used.  
A discretionary 12.5% service charge will be added to your bill. All prices include VAT at the current rate. Adults need around 2000 kcals a day.

